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## SLOW COOKER RED BEAN, SAUSAGE AND RICE SOUP (FROM WW)

Submitted By: [istoria](#) On Sep 28, 2011

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Prep Time: **20 min**      Serves: **8**  
 Cooking Time: **240 min** Yield: **8 bowls**



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Full of flavorful, filling ingredients. Switch to a chicken-based Italian sausage if the andouille is too spicy for your taste. Otherwise, really easy to make, perfect soup to start at night and wake up to in the morning.

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# INGREDIENTS

1 cloves [Garlic Clove](#)

1 cup [Onions](#)

1 medium stalks [Celery](#)

1 medium raw [Green-bell Pepper](#)

15 oz [Red Kidney Beans Low Sodium](#)

14 1/2 oz [Canned Tomatoes, Diced](#)

9 oz [Cajun Style Andouille Chicken And Smoked Turkey Sausage](#)

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## Nutrition Facts

Serving Size: 1 bowls

Amount per Serving  
 Calories 179

Calories from Fat 32.3

% Daily Value \*

Total Fat 3.59g 5%

Saturated Fat 1.2g 5%

Cholesterol 25.63mg 8%

Sodium 903.64mg 37%

Total Carbohydrate 21.74g 7%

Dietary Fiber 6.35g 25%

Sugars 3.33g

Protein 13.64g 27%

Est. Percent of Calories from:

Fat 16%

Carbs 48%

Protein 30%

1/4 tsp Thyme, Dried

1/4 cup Pepper, Black

6 cups Chicken Broth - Fat Free, No Msg, Low Sodium

1 cup Minute White Rice

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## DIRECTIONS.

Place garlic, onion, celery, bell pepper, beans, tomatoes with their juices and sausage in a 5-quart slow cooker. Add thyme and pepper; stir well.

Pour in broth and rice; stir again. Cover slow cooker and set on high power; cook for 4 hours. Yields about 1 1/2 cups per serving

## COURSE.

Soups

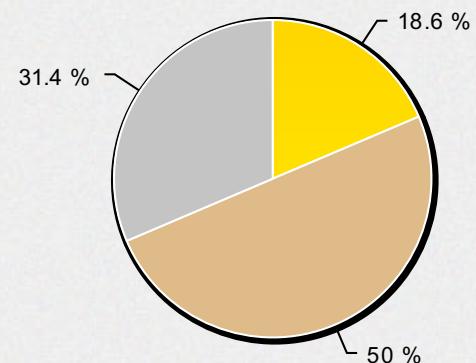
Protein

30.70

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Is this nutritional information correct?  
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### Nutrition Profile



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